

Parenting for Emotional Wellness: A Virtual Approach for Filipino American Families



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ARCH Quarterly Meeting
February 20, 2025



FILIPINO FAMILY HEALTH INITIATIVE

For us, by us.

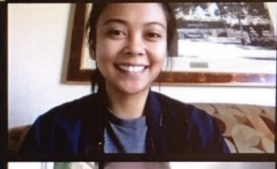
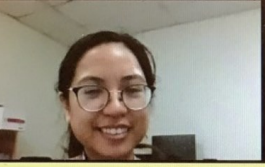




ALYSSA ARBOLANTE

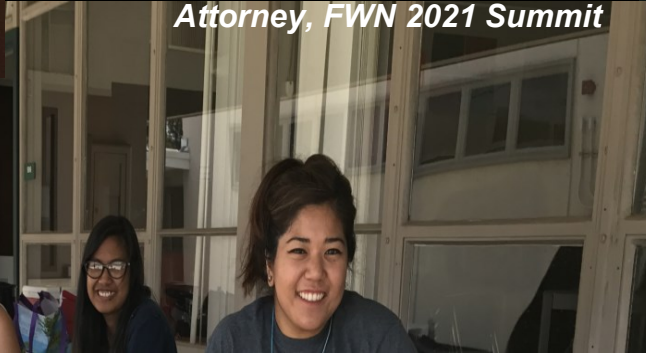


Warren Aguilong



**“When you go up,
always reach back.
This is bayanihan.”**

*- Natalie Garcia Lashinsky,
Attorney, FWN 2021 Summit*





**I have no conflicts of
interest to disclose.**

Content warning

**Topics such as self-
harm and suicide
will be discussed.**

Learning Objectives



- 1. Describe the epidemiology of suicide among AANHPI youth in the U.S.**
- 2. Describe factors that influence participation of Filipino parents in evidence-based parenting interventions.**
- 3. Share strategies for implementing evidence-based parenting interventions among Filipinos.**

*“He who does not know
how to look back at
where he came from will
never get to his
destination.”*

– Jose Rizal







HISTORIC FILIPINOTOWN

AUGUST 2002





© 2015 Jorge Vismara









“The most terrible poverty is loneliness, and the feeling of being unloved.”

- Mother Theresa

PREVENTING CHRONIC DISEASE

PUBLIC HEALTH RESEARCH, PRACTICE, AND POLICY

VOLUME 4: NO. 2

APRIL 2007

REVIEW

Filipino Child Health in the United States: Do Health and Health Care Disparities Exist?

Joyce R. Javier, MD, MPH, Lynne C. Huffman, MD, Fernando S. Mendoza, MD, MPH

Children with Special Health Care Needs: How Immigrant Status is Related to Health Care Access, Health Care Utilization, and Health Status

Joyce R. Javier · Lynne C. Huffman ·
Fernando S. Mendoza · Paul H. Wise

Examining Depressive Symptoms and Use of Counseling in the Past Year Among Filipino and Non-Hispanic White Adolescents in California

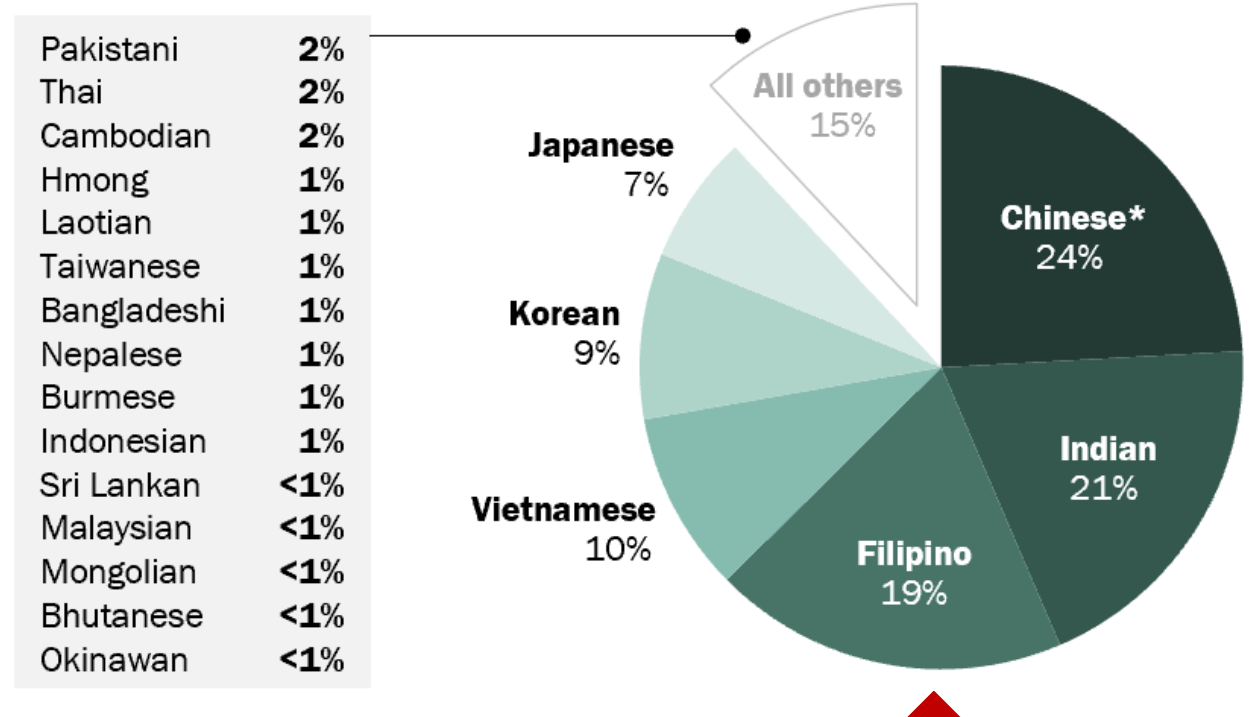
Joyce R. Javier, MD, MPH,* Maureen Lahiff, PhD,† Rizaldy R. Fetter, PhD,‡
Lynne C. Huffman, MD§

U.S. Asian Population

- 22 million

- Los Angeles & San Francisco are the U.S. cities with the largest number of Filipinos

% of the U.S. Asian population that is ___, 2019



July 24, 2019

Trends in Clinical Research Including Asian American, Native Hawaiian, and Pacific Islander Participants Funded by the US National Institutes of Health, 1992 to 2018

Lan N. Doan, MPH¹; Yumie Takata, PhD²; Kari-Lyn K. Sakuma, PhD, MPH¹; [et al](#)

» [Author Affiliations](#) | [Article Information](#)

JAMA Netw Open. 2019;2(7):e197432. doi:10.1001/jamanetworkopen.2019.7432

[Moon S. Chen Jr, PhD, MPH¹](#) *AMA NETWORK Open.* 2019;2(7):e197561. doi:10.1001/jamanetworkopen.2019.7561

“Less than 0.2% of the NIH budget funded clinical research focused on AA/NHPIs.”

AAPI youth, ages 15-19 years are the **only racial/ethnic group** for whom **SUICIDE** is the **leading cause of death**, yet this is rarely discussed

Retrieved
from <https://webappa.cdc.gov/sasweb/ncipc/leadcause.html>;
23.4 Source: Center for Disease
Control and Prevention, 2001




© Cladean Kae David

2020

Rank ¹	Cause of death (based on ICD-10), race and Hispanic origin, sex, and age	Number ^{2,3}	Percent of total deaths	Death rate ^{2,3}
Asian and Pacific Islander, non-Hispanic, both sexes, 10–14 years				
...	All causes	121	100.0	9.8
1	Intentional self-harm (suicide)..... (†U03,X60–X84,Y87.0)	21	17.4	1.7
2	Malignant neoplasms..... (C00–C97)	17	14.0	*
2	Accidents (unintentional injuries)..... (V01–X59,Y85–Y86)	17	14.0	*
4	Congenital malformations, deformations and chromosomal abnormalities..... (Q00–Q99)	8	6.6	*
5	Diseases of heart..... (I00–I09,I11,I13,I20–I51)	4	3.3	*
5	Chronic lower respiratory diseases..... (J40–J47)	4	3.3	*
5	Influenza and pneumonia..... (J09–J18)	4	3.3	*
5	Assault (homicide)..... (†U01–†U02.9,X85–Y09,Y87.1)	4	3.3	*
9	In situ neoplasms, benign neoplasms and neoplasms of uncertain or unknown behavior..... (D00–D48)	3	2.5	*
10	Cerebrovascular diseases..... (I60–I69)	2	1.7	*
10	Septicemia..... (A40–A41)	2	1.7	*
10	COVID-19..... (†U07.1)	2	1.7	*
...	All other causes..... (residual)	33	27.3	2.7
Asian and Pacific Islander, non-Hispanic, both sexes, 15–19 years				
...	All causes.....	344	100.0	27.1
1	Intentional self-harm (suicide)..... (†U03,X60–X84,Y87.0)	117	34.0	9.2
2	Accidents (unintentional injuries)..... (V01–X59,Y85–Y86)	94	27.3	7.4
3	Malignant neoplasms..... (C00–C97)	33	9.6	2.6
4	Assault (homicide)..... (†U01–†U02.9,X85–Y09,Y87.1)	17	4.9	*
5	Diseases of heart..... (I00–I09,I11,I13,I20–I51)	7	2.0	*
5	Congenital malformations, deformations and chromosomal abnormalities..... (Q00–Q99)	7	2.0	*
7	Influenza and pneumonia..... (J09–J18)	5	1.5	*
8	Cerebrovascular diseases..... (I60–I69)	4	1.2	*
9	COVID-19..... (†U07.1)	3	0.9	*
9	In situ neoplasms, benign neoplasms and neoplasms of uncertain or unknown behavior..... (D00–D48)	3	0.9	*
9	Diabetes mellitus..... (E10–E149)	3	0.9	*
...	All other causes..... (residual)	51	14.8	4.0
Asian and Pacific Islander, non-Hispanic, both sexes, 20–24 years				
...	All causes.....	660	100.0	47.5
1	Accidents (unintentional injuries)..... (V01–X59,Y85–Y86)	231	35.0	16.6
2	Intentional self-harm (suicide)..... (†U03,X60–X84,Y87.0)	172	26.1	12.4
3	Malignant neoplasms..... (C00–C97)	44	6.7	3.2
4	Assault (homicide)..... (†U01–†U02.9,X85–Y09,Y87.1)	43	6.5	3.1
5	Diseases of heart..... (I00–I09,I11,I13,I20–I51)	31	4.7	2.2
6	COVID-19..... (†U07.1)	19	2.9	*
7	Septicemia..... (A40–A41)	11	1.7	*
8	Diabetes mellitus..... (E10–E149)	6	0.9	*
9	Cerebrovascular diseases..... (I60–I69)	5	0.8	*
9	Congenital malformations, deformations and chromosomal abnormalities..... (Q00–Q99)	5	0.8	*
...	All other causes..... (residual)	93	14.1	6.7

Original Article |  Open Access |  

Breaking the Silence: An Epidemiological Report on Asian American and Pacific Islander Youth Mental Health and Suicide (1999–2021)

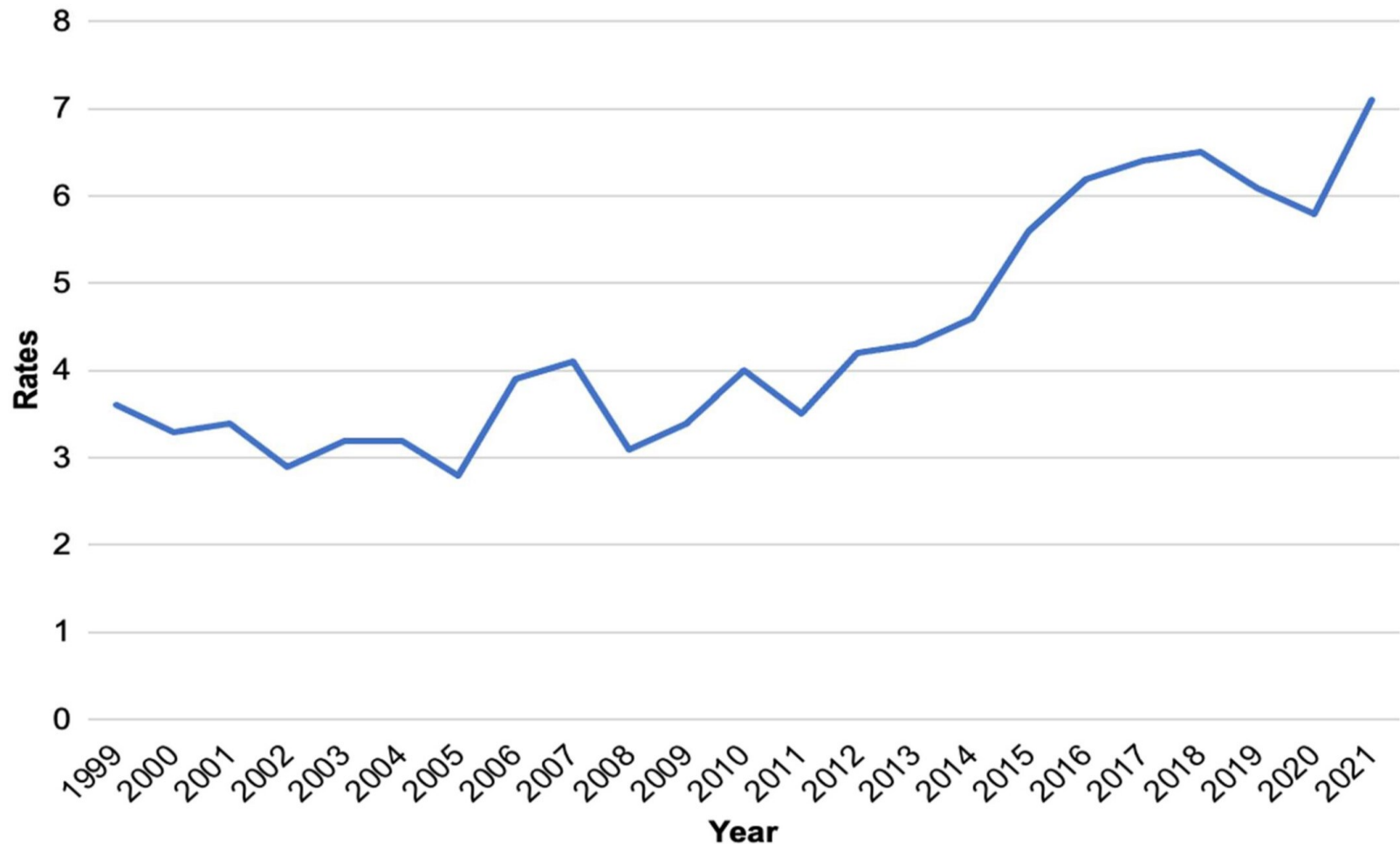
Miles P. Reyes , Ivy Song, Apurva Bhatt

First published: 25 March 2024 | <https://doi.org/10.1111/camh.12708>

“From 1999 to 2021, 4747 AAPI youth died by suicide in the USA”

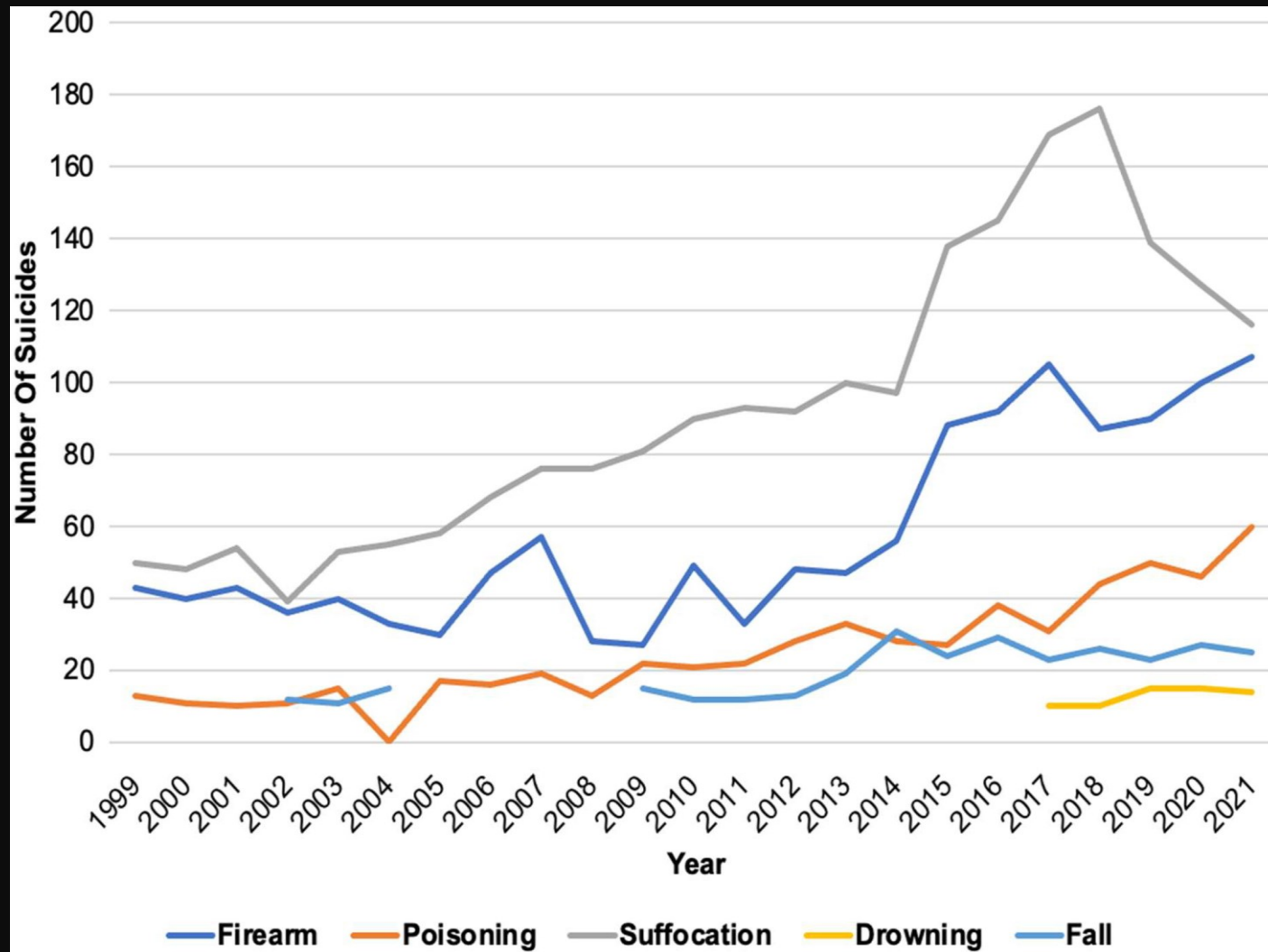
Reyes, M.P., Song, I. and Bhatt, A. (2024), Breaking the Silence: An Epidemiological Report on Asian American and Pacific Islander Youth Mental Health and Suicide (1999–2021). *Child Adolesc Ment Health*, 29: 136-144. Note: This is an open access article distributed under the terms of the Creative Commons CC BY license, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited

Rates of Suicide in Asian youth ages 5-24 years from 1999-2021



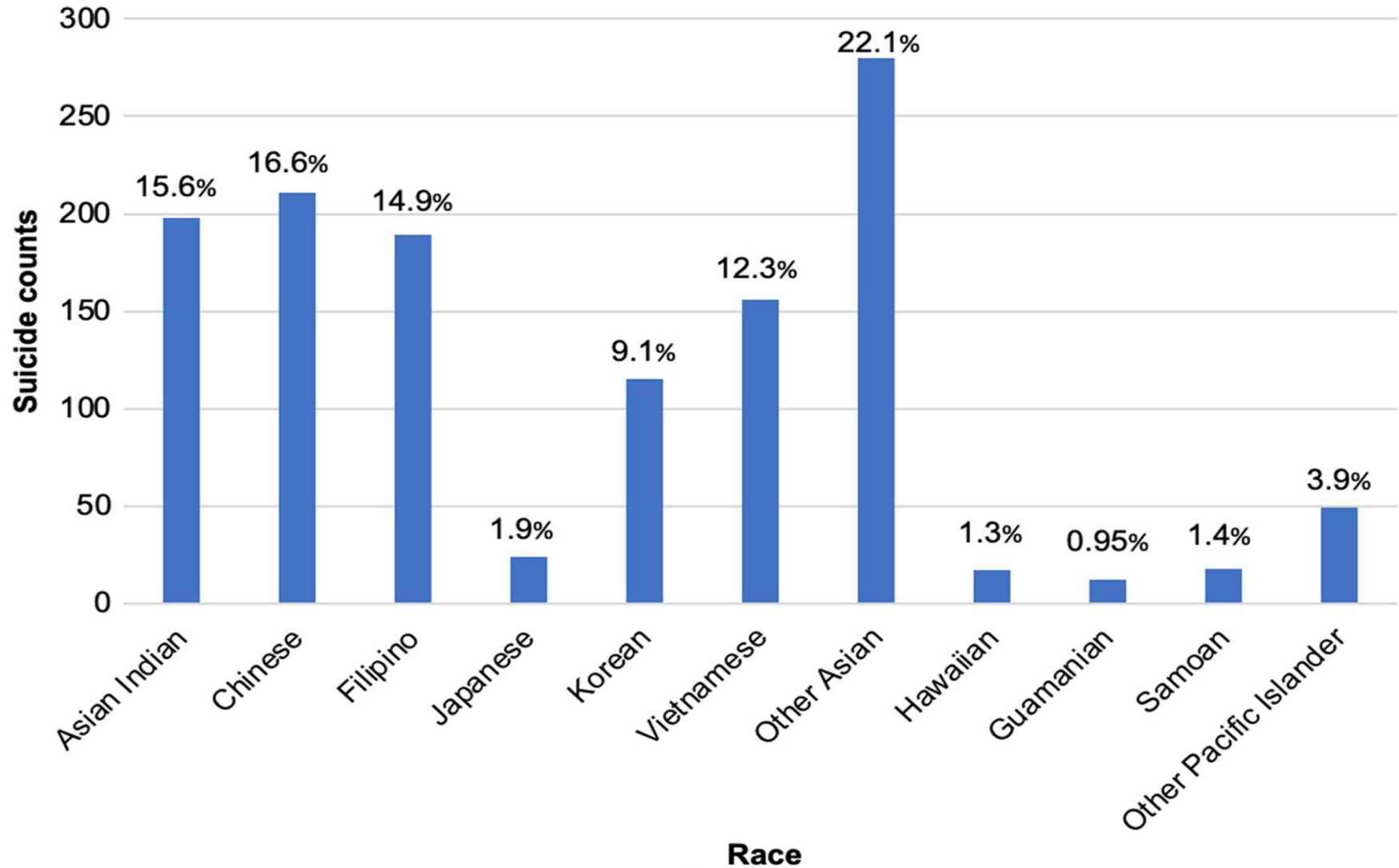
Reyes, M.P., Song, I. and Bhatt, A. (2024), *Breaking the Silence: An Epidemiological Report on Asian American and Pacific Islander Youth Mental Health and Suicide (1999–2021)*. *Child Adolesc Ment Health*, 29: 136-144. Note: This is an open access article distributed under the terms of the [Creative Commons CC BY](#) license, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited

Methods of suicide deaths in AAPI youth



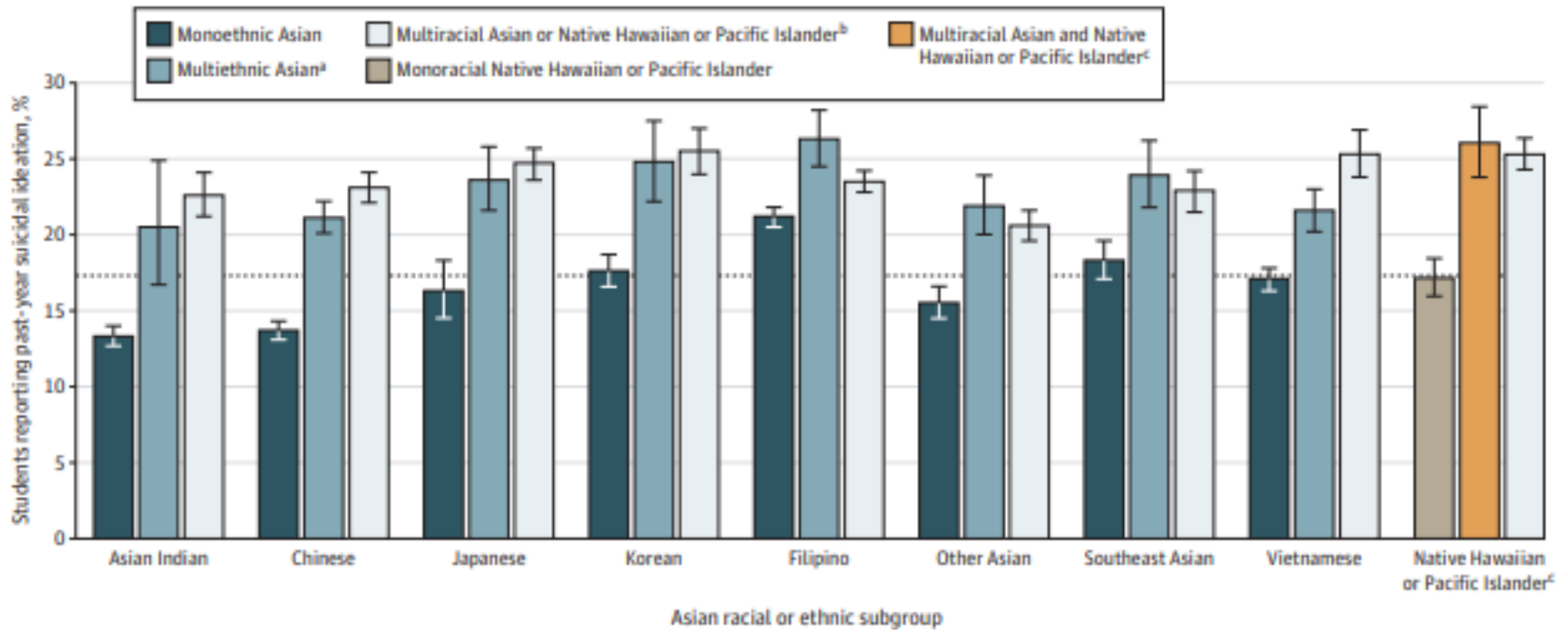
Reyes, M.P., Song, I. and Bhatt, A. (2024), *Breaking the Silence: An Epidemiological Report on Asian American and Pacific Islander Youth Mental Health and Suicide (1999–2021)*. *Child Adolesc Ment Health*, 29: 136-144. Note: This is an open access article distributed under the terms of the [Creative Commons CC BY](#) license, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited

Breaking the Silence: An Epidemiological Report on Asian American and Pacific Islander Youth Mental Health and Suicide (1999–2021)

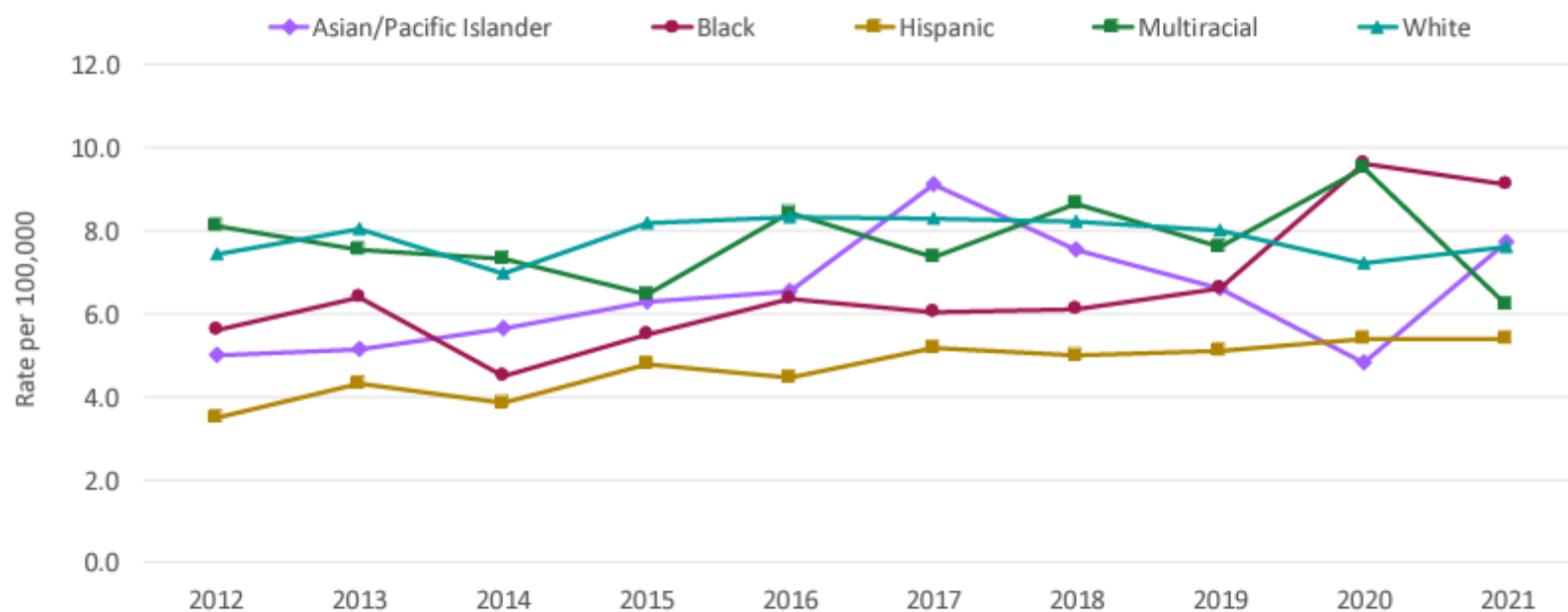


What about thoughts about suicide?

Figure 2. Prevalence of Suicidal Ideation by Asian, Native Hawaiian, and Pacific Islander Adolescents Disaggregated by Monoethnic, Multiethnic, and Multiracial Identification, 2017-2018 and 2018-2019 California Healthy Kids Survey (N = 77 735)



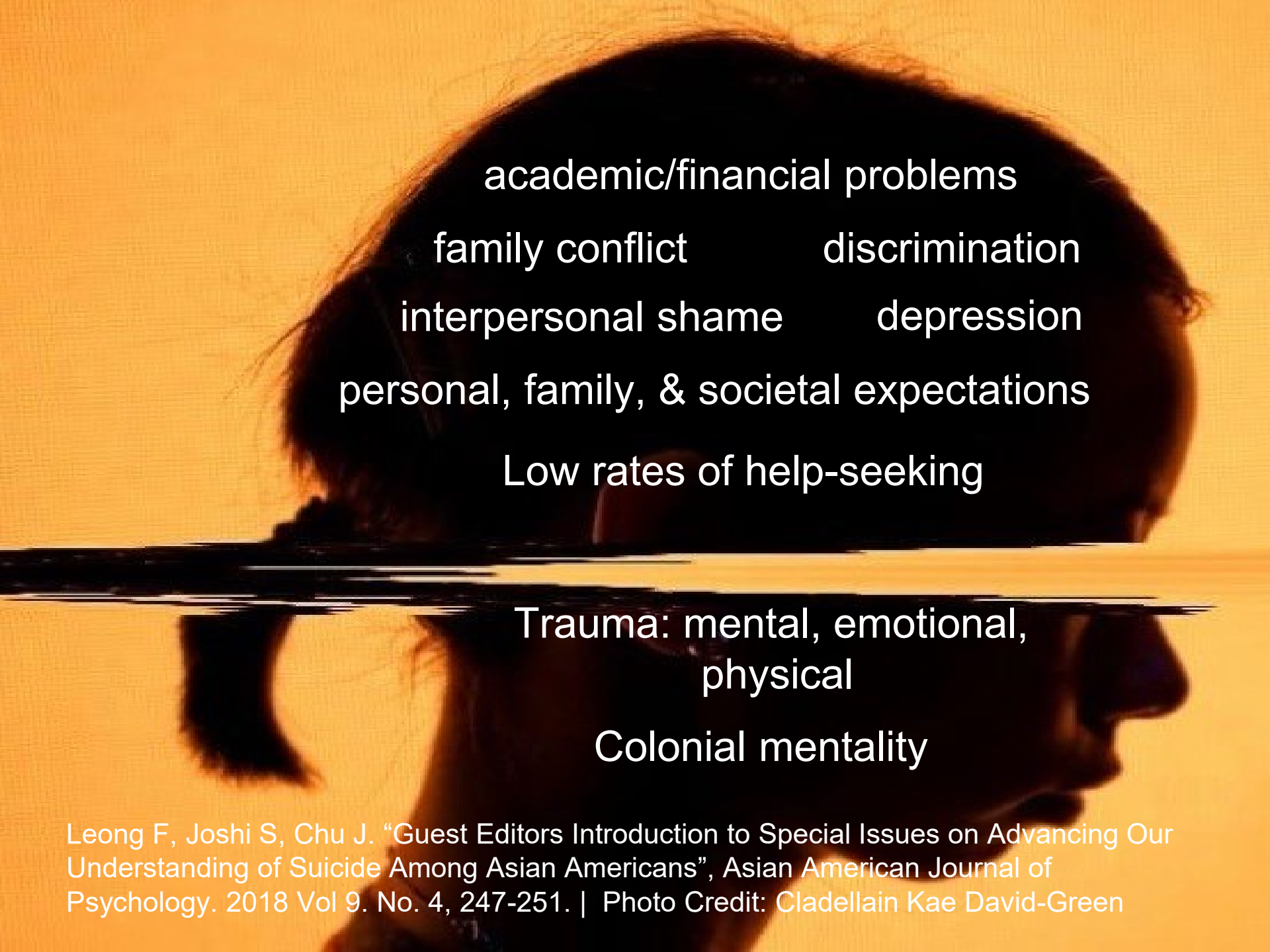
Suicide Rates (Risk) among Youth (Ages 10-24) by Race/Ethnicity in California, 2012-2021



Note: Data for American Indian/Alaska Native (AI/AN) youth are not shown due to extremely small number of observations.

Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2021 deaths: CDPH, CA Comprehensive Master Death File (CCMDF);

2012-2021 population: CA Dept. of Finance P-3 Population Projection File (2010-2060), July 2021 Release



academic/financial problems
family conflict discrimination
interpersonal shame depression
personal, family, & societal expectations
Low rates of help-seeking

Trauma: mental, emotional,
physical

Colonial mentality

Leong F, Joshi S, Chu J. "Guest Editors Introduction to Special Issues on Advancing Our Understanding of Suicide Among Asian Americans", *Asian American Journal of Psychology*. 2018 Vol 9. No. 4, 247-251. | Photo Credit: Cladellain Kae David-Green



BAYANIHAN

1. Community

Work with the community to define its strengths, needs, & priorities

Community-Based Participatory Research

3. Integration

Programs that:

- Address the need
- Are based on evidence
- Are sustainable & can be community owned

2. Research

- Who are the folks critical to success?
- What are the innovative solutions?
- How are we sure it's working?

Filipino Youth Initiative Study

What are the most pressing mental health needs for Filipino youth?

How can we prevent behavioral health problems among Filipino youth?



NIH Public Access

Author Manuscript

Asian Am J Psychol. Author manuscript.

Preventing Filipino Mental Health Disparities: Perspectives from Adolescents, Caregivers, Providers, and Advocates

Joyce R. Javier, MD, MPH¹, Jocelyn Supan, MPH¹, Anjelica Lansang, BS¹, William Beyer, MPH, MSW², Katrina Kubicek, MA², and Lawrence A. Palinkas, Ph.D³

¹Children's Hospital Los Angeles, Department of Pediatrics, Division of General Pediatrics, University of Southern California, Keck School of Medicine

²Community, Health Outcomes, and Intervention Research Program, The Saban Research Institute, Children's Hospital Los Angeles

³University of Southern California, School of Social Work

Community's Answer: Offer Parent Support during School-age Years



Strengthen parent-child relationships

Filipino Family Initiative Study

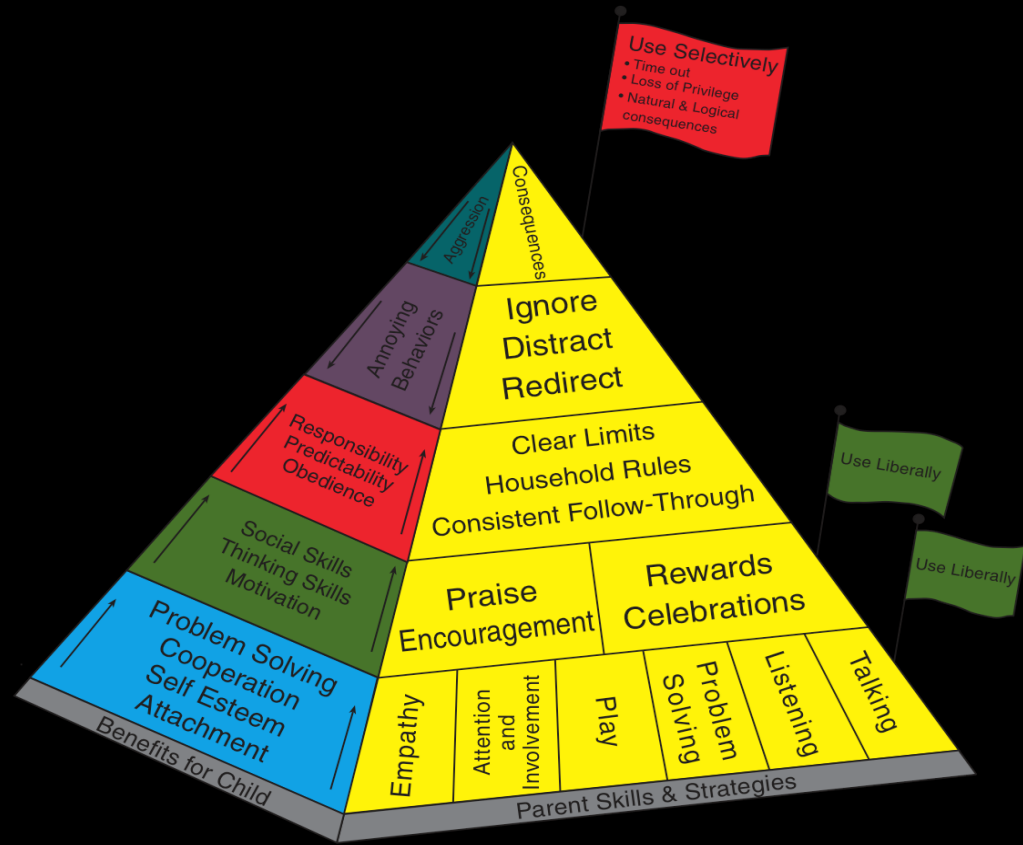


Offer the Incredible Years® School-Age Parent Groups as PREVENTION PROGRAMS IN CHURCHES

- Child care
- Parallel to youth programming
- Saturday mornings
 - Incentives
 - 12-14 weeks

The Incredible Years® Parent Training Program

- Giving positive attention
 - Child-directed play
 - Descriptive commenting
 - Praise & rewards
 - Coaching- i.e., emotion
- Using positive discipline
 - Clear rules & commands
 - Ignoring annoying behaviors
 - Consequences and time-out



Parenting Pyramid
Copyright Incredible Years®

Special Time

Praise

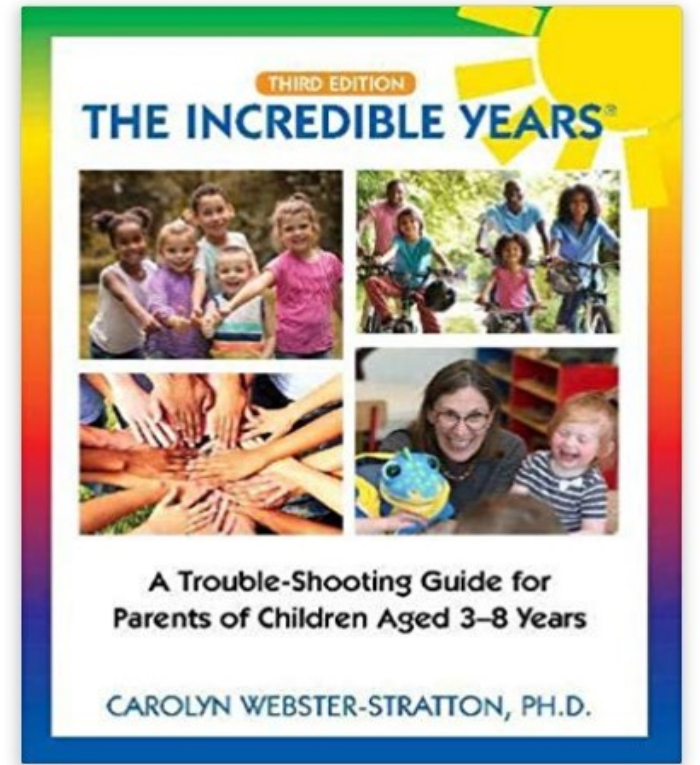
Emotional Coaching

Ignoring Annoying Behavior

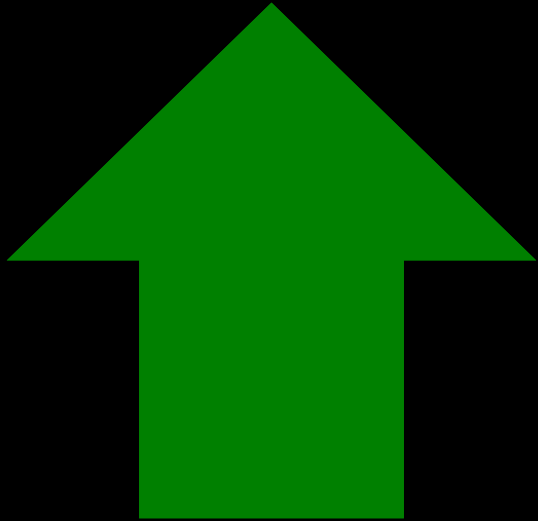
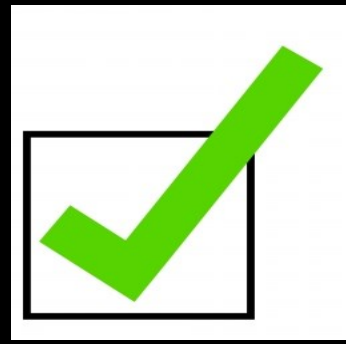
Effective Listening

**Communicating Positively To Oneself
& Others**

Giving and Getting Support



Copyright
Incredible Years®



Positive Verbal Discipline

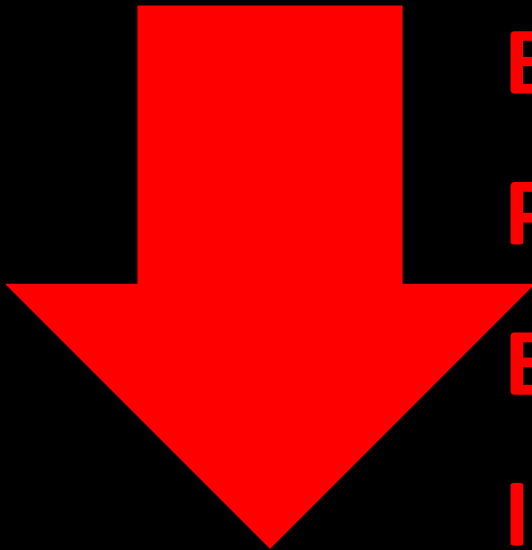
Parenting Stress

Behavior Problems

Physical Punishment

Externalizing symptoms

Internalizing symptoms





- **78% of parents completed all 3 surveys and the 12-week IY program**
- **80% of parents reported interest in continuing to meet as a group**

“12 weeks seemed a long time in the beginning, but by the last week the class also became a support for each other.”

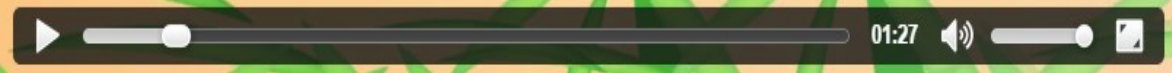




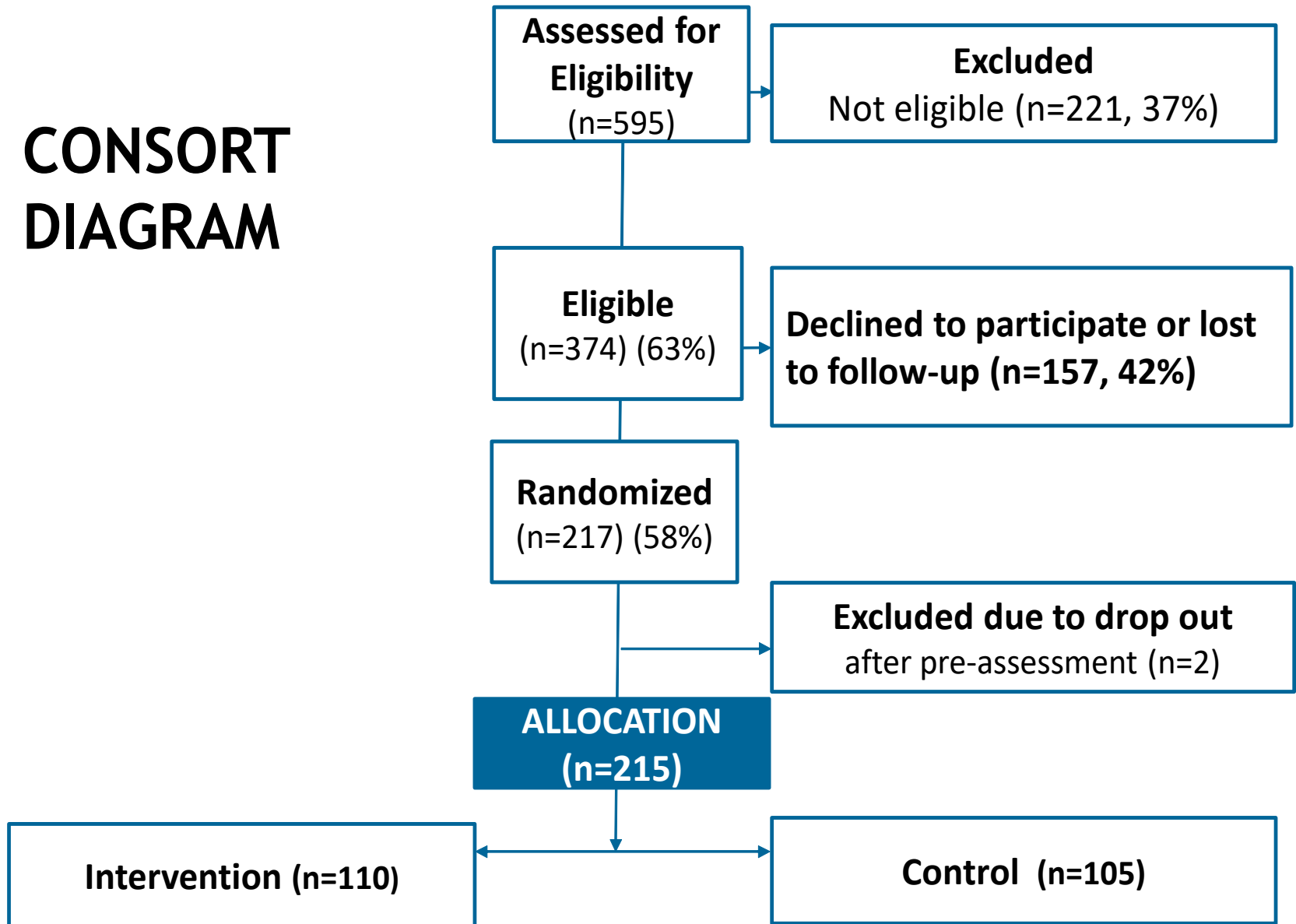
The
© **Incredible**
Years®



**PARA SA KINABUKASAN NG ATING MGA ANAK:
FOR OUR CHILDREN'S FUTURE**



CONSORT DIAGRAM

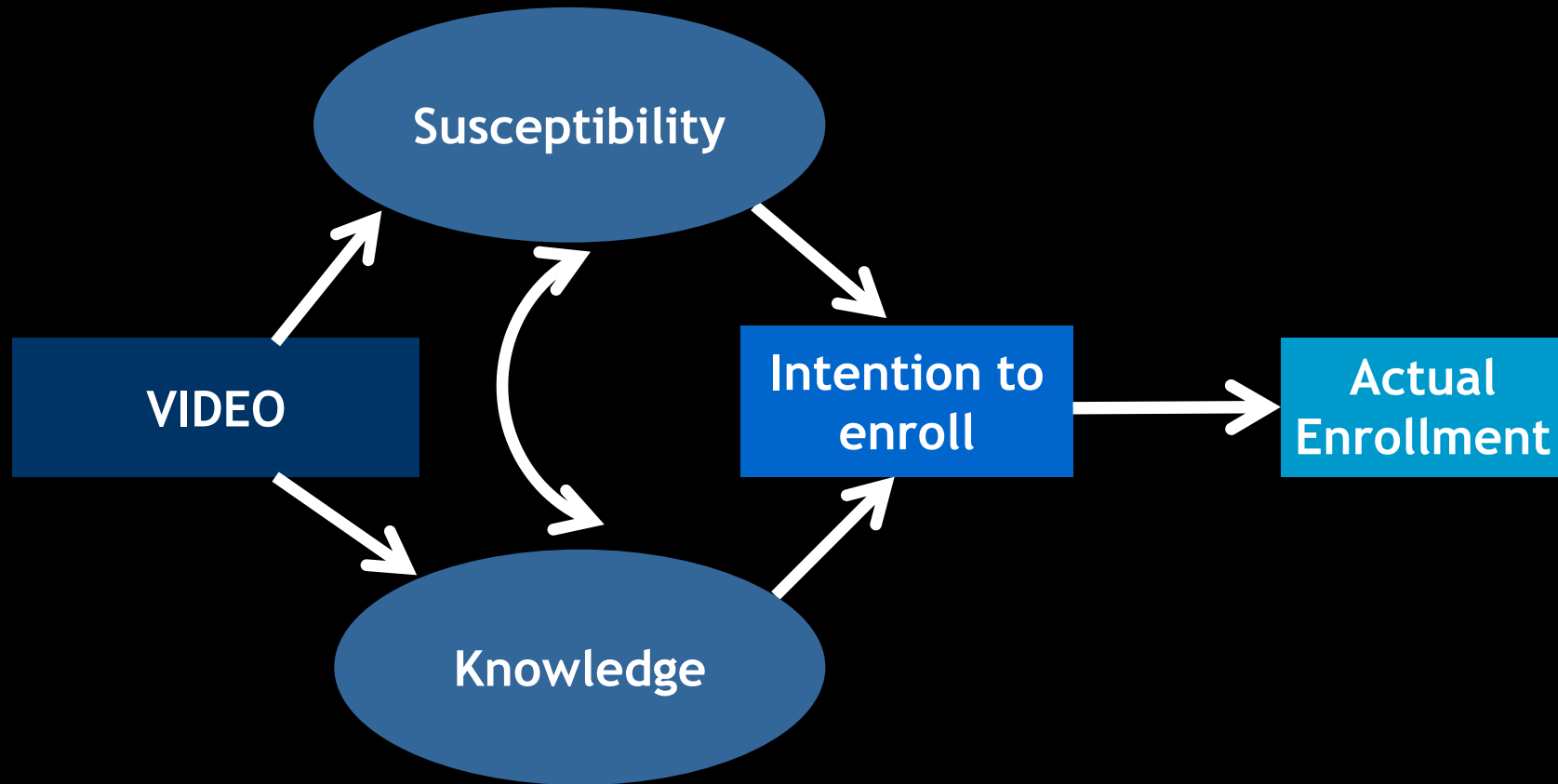


RESULTS

- Parents in the intervention group had **significantly greater odds** of actual enrollment in the Incredible Years (25% vs 11%)
- **OR = 2.667; 95% CI: 1.328-5.354**

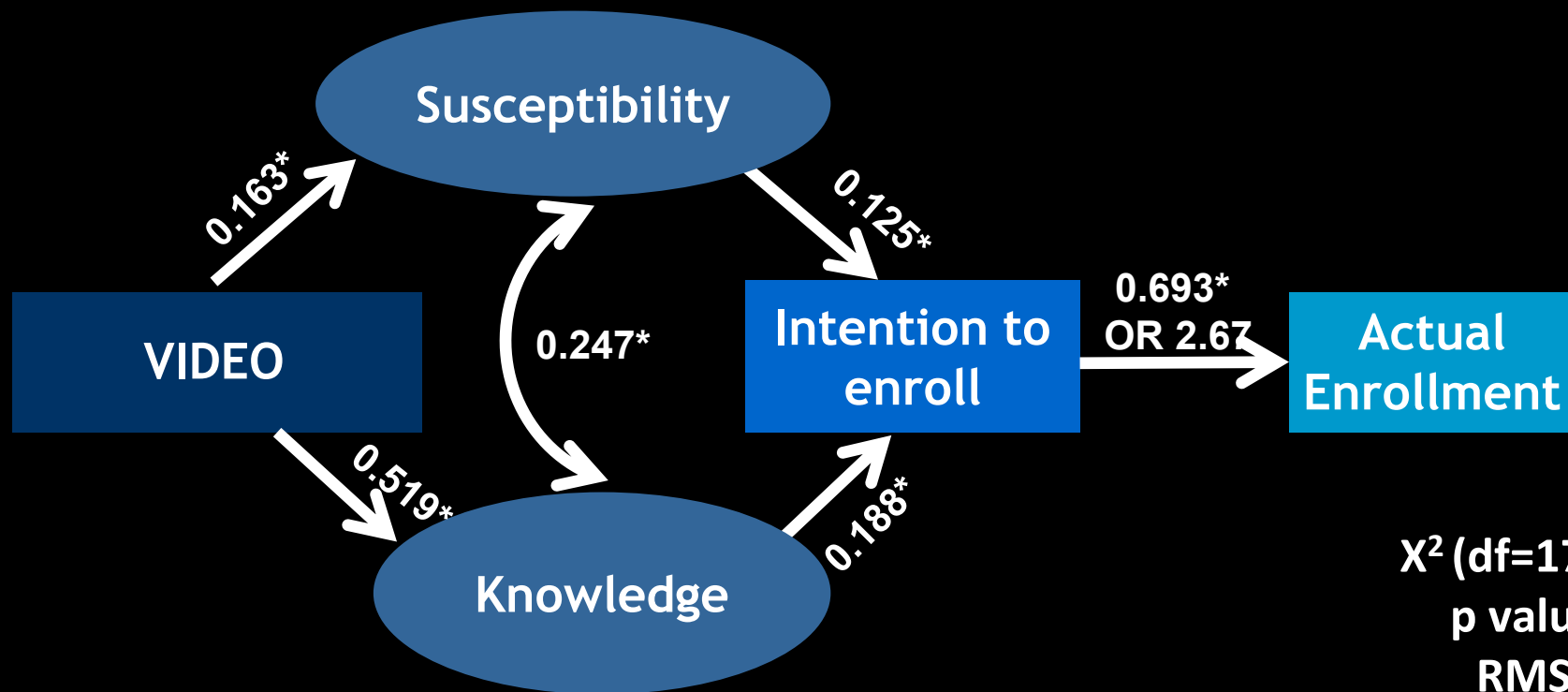
RESULTS

Model Fitting of Health Belief Factors on Intention and Enrollment



RESULTS

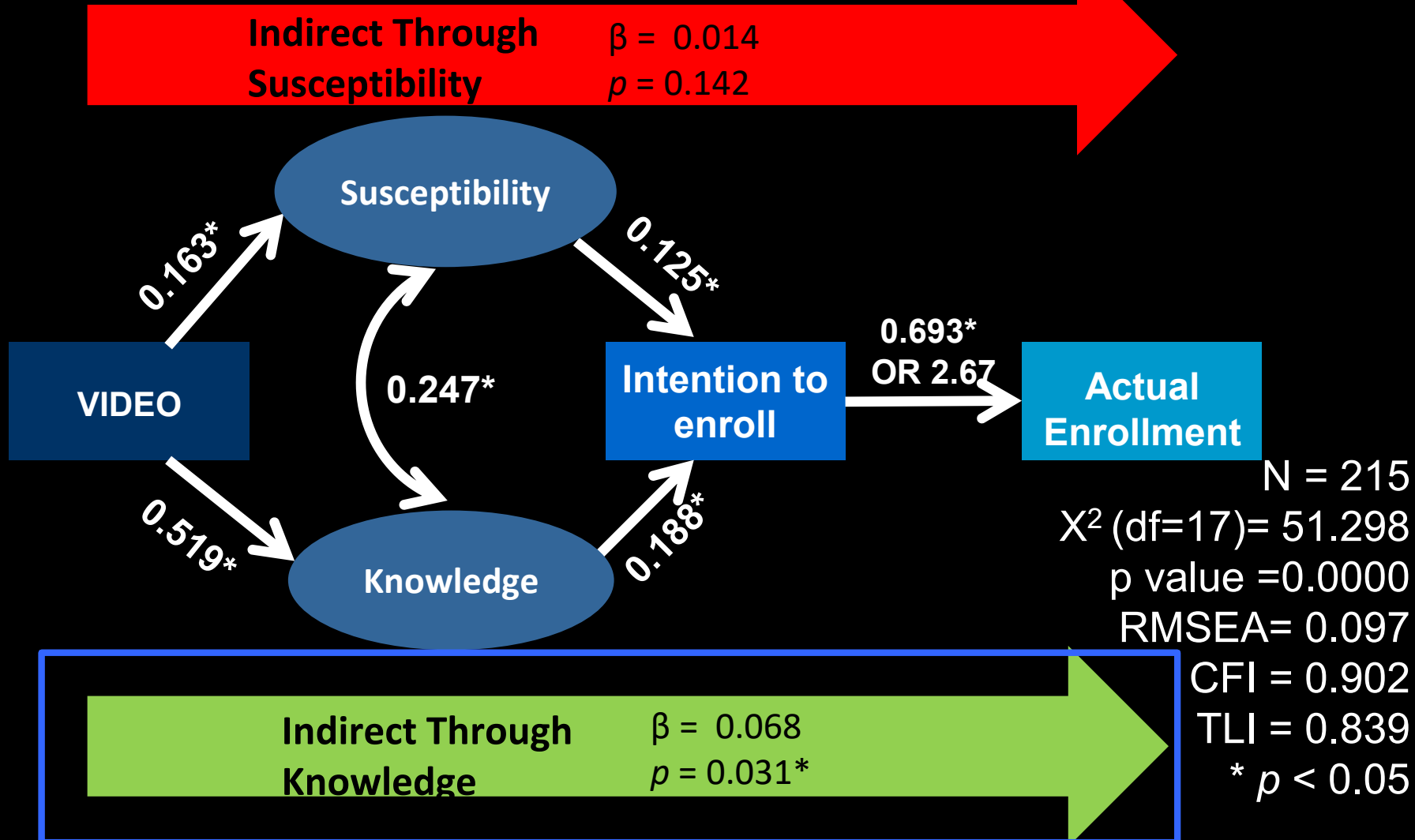
Model Fitting of Health Belief Factors on Intention and Enrollment



N = 215
 χ^2 (df=17) = 51.298
p value = 0.0000
RMSEA = 0.097
CFI = 0.902
TLI = 0.839
* $p < 0.05$

RESULTS

Model Fitting of Health Belief Factors on Intention and Enrollment



Promoting Enrollment in Parenting Programs Among a Filipino Population: A Randomized Trial

Joyce R. Javier, MD, MPH, MS,^a Dean M. Coffey, PsyD,^a Lawrence A. Palinkas, PhD,^b Michele D. Kipke, PhD,^a Jeanne Miranda, PhD,^c Sheree M. Schraeger, PhD, MS^{b,d}

Journals Blog

January 24, 2019

What is a “culturally tailored” parent engagement video?

Lewis First, MD, MS, Editor in Chief, Pediatrics



In a recently released issue of *Pediatrics*, Dr. Joyce R. Javier and colleagues present results ([10.1542/peds.2018-0553](https://doi.org/10.1542/peds.2018-0553)) of a randomized controlled trial that examines a new way of recruiting parents to enroll in evidence-based parenting programs. The authors used a “culturally tailored” video, as compared to a “usual care mainstream” video, to enhance enrollment of Filipino parents and caretakers of 6- to 12-year-olds in a parenting program.

Timeline of Filipino Family Health Initiative

Phase 1:  Make Health A Shared Value &
  Foster Cross-sector Collaboration

Creating a Culture of Mental Health

- Community dialogue to address stigma
- Focus Groups

Phase 2:  Transforming health care systems  Strengthening Integration of Health Services & Systems

- Advocate for IY as billable preventive intervention
- Connecting primary care to behavioral health interventions
- Train providers
- Conduct RCT evaluating IY

2016

2017

2018

2019

41



2000

PRESENTATIONS



12

NEW COMMUNITY PARTNERS

PARENT CAB MEMBERS



15

44



IY PILOT GROUP

TRAINED IN INCREDIBLE YEARS



45

81

PARENTS COMPLETED IY



105

ENROLLED



180

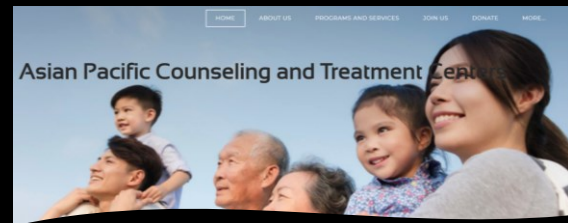
APPROVED FOR RCT

\$93,500



BREAKING WALLS: BRIDGING SILOS

Increasing Linkages Between Health Care Services & Community-Level Prevention Services



HOLLYWOOD PRESBYTERIAN MEDICAL CENTER



Kayamanan Ng Lahi Community Organization



Philippines Philippine Consulate General in Los Angeles



Creating a shared definition of adolescent mental health in the Filipino American community: A comparative focus group analysis.

emotional milestones
sense of identity
cope with normal stresses social participation
realize potential fruitful
developmental milestones
maximize growth cultural norms developmental competence
development competence cope with the normal s
peace of mind
sound family identity
learn social norms self-worth efficacy
function well cope optimal
quality of life positive
healthy social development psychological functioning productive
economic participation peer relationships
effective coping skills
contribute to community

SUSTAINABILITY & DISSEMINATION



Approved IY as a billable prevention intervention



- IY PARENTS & BABIES
- depressed mothers of infants in the NICU

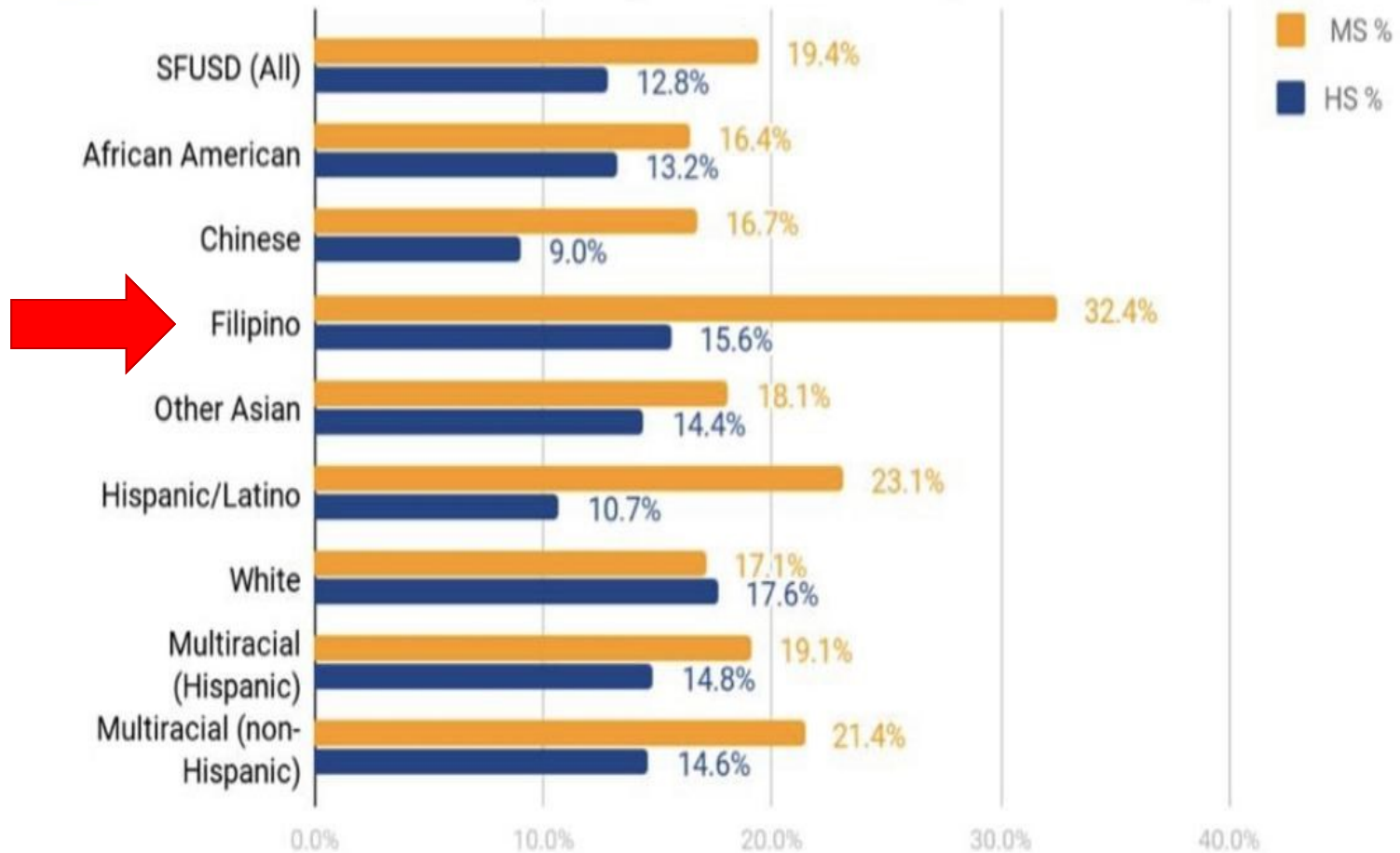


- IY BABIES/TODDLERS
- English & Spanish Speaking families

San Francisco Unified School District, 2017

% MS students who ever seriously thought about committing suicide YRBS 2017 (N=1,627)

% of HS students who have seriously thought about committing suicide in the past year (N=2,544)



PIVOTING DURING THE COVID-19 PANDEMIC

1. Moving Online, Statewide, &
Globally
2. Mental Health Impact/Rise in
Anti-Asian Hate

Expanding Community Partners During COVID-19 STATEWIDE



Little Manila RISING



**BULOSAN CENTER
FOR FILIPINO STUDIES**
UC Davis, Asian American Studies



PH FYLPRO Caretaker Project — Los Angeles

Kababayan, we are in this together. Find information about the COVID-19 pandemic.



Explore guides



USC University of Southern California



The Power of Positive Parenting in Filipino Families

HELPING OUR YOUTH THRIVE DURING COVID-19

Presented by:



Mary Lohoury



Mary is a School Social Worker for San Francisco Unified School District (SFUSD) and a member of the Filipino Mental Health Initiative in San Francisco. The ongoing concerns around the high rates of SFUSD Filipino students MS expressing suicidality ideation led Mary, other SFUSD Filipino School Social Workers, and members of the Filipino community to raise awareness and to advocate for mental health support and resources for Filipino students and families. Through this endeavor, Mary was able to connect with Dr. Javier and the Filipino Family Health Initiative and has developed a partnership over the last 3 years. Mary is also a parent of two girls, ages 10 and 5 and is currently a participant in Dr. Javier's study.

Melissa Veluz-Abraham



Melissa is a single mom to two boys who are 8 and 14 years old. She also works as a student advisor at the UCLA Student Organization Leadership and Engagement Office. Melissa has been involved in Filipino community arts organizations for over 25 years as a dancer, staff, instructor and dance mom for Kayamanan Ng Lahi Philippine Folk Arts and formerly as a board member for FilAm Arts. She is currently on the board of 580 Cafe which is a food pantry and social service support organization for UCLA students in need. On her limited spare time, Melissa likes to listen to audiobooks, go on hikes with her boys, practice martial arts and go salsa dancing.

Andre and Jocelyn "Joy" Nicdao

Andre and Jocelyn "Joy" Nicdao have been married for 14 years and raising three beautiful daughters. Both have been active members of the Incredible Years and Team Kapwa for six years.

Born and raised in Los Angeles, California, Jocelyn "Joy" Eliseo Nicdao is the daughter of Philippine immigrants: her mother is from San Jose, Batangas & her father is from Abuyog, Leyte. She has one younger sister, Anna Jane Eliseo Almeda, who is also a current attendee of the Incredible Years Program. She is also a credentialed elementary school teacher who taught K-2 for two years.

After the eldest child was born (a preemie), she decided to be a stay at home mom. While being a stay at home mother, Joy became an active parent volunteer and leader at her children's elementary school. She also volunteers at Kayamanan Ng Lahi teaching grade school children about Philippine and Philippine-American history, people, and culture. Joy is currently pursuing her teacher librarian credential and Masters in Library Science at San Jose State University.

Born in Manila Philippines, Andre Nicdao immigrated to the United States thirty five years ago: His mother is from San Carlos Pangasinan and his father is from San Fernando, Pampanga. He has three younger siblings, two brothers, Marc and Angelo, along with one sister, Fatima Ann. Andre is a credentialed secondary school teacher who taught 6th to 12th grade for twenty years. In addition, he is also a Confirmation and Youth Ministry Coordinator at St. Bede Catholic Church. Currently, Andre is fully engaged in his duties as a youth minister and a junior high school teacher along with raising three teenage daughters with Joy.





Federation of
Pediatric Organizations

Statement on Anti-Asian Hate

“Hate directed at one member of our community threatens all members. Pediatricians across the country care for millions of Asian-American and Pacific Islander children and families. Sixteen percent of anti-Asian hate crimes have been reported by AAPI youth, which is concerning given the links between racism and poorer mental health outcomes. Nearly one in five pediatricians is Asian-American. Today, we join in solidarity with the families of our patients and with our colleagues to declare: ‘Stop AAPI Hate!’ ”





"Stand up for AANHPI youth!
They are at higher risk for emotional distress due to hate & harassment."

**#STOP
ASIAN
HATE**

JOYCE JAVIER MD, MPH, MS
Physician Scientist
Filipino Family Health Initiative



When Filipino parents in the US encourage their children to talk about their feelings and promote cultural pride, their children's mental health improves

Published: October 21, 2022 8.39am EDT

Filipino Americans are less likely to seek mental health help than average Americans. LPETTET/E+ via Getty Images

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2

27

Immigrant families in the U.S. are extremely resilient. Yet some immigrant parents struggle to raise children who can thrive in their new country's culture. Whether they are dealing with a language barrier or economic challenges, immigrants who bring their kids to the U.S. – or who become parents after arriving – face unique challenges American-born parents don't.

Author



Joyce Javier
Associate Professor of Clinical Pediatrics, University of Southern California

Disclosure statement



Menu



Search in this journal

Supplement - Racism

Pages A1-A4, S113-S232 (September–October 2024)

Anti-Asian American, Native Hawaiian, and Pacific Islander Racism in Academic Pediatrics: Recommendations for Training, Research, and Clinical Practice



Joyce R. Javier, MD, MPH, MS; Lois M. Takahashi, PhD

From the Department of Health Systems Science (JR Javier), Kaiser Permanente Bernard J. Tyson School of Medicine, Pasadena, Calif; College of Social Sciences (LM Takahashi), San Jose State University, One Washington Square, Calif

Address correspondence to Joyce R. Javier, MD, MPH, MS, Department of Health Systems Science, Kaiser Permanente Bernard J. Tyson School of Medicine, 100 S Los Robles Ave, Suite 301, Pasadena, CA 91101 (e-mail: joyce.r.javier@kp.org).

Filipino Family Health Initiative Post Pandemic

WHO

- Filipino parents of children Ages 8-12 years old

WHAT

- Randomized to Incredible Years Vs AAP Bright Futures Education

WHY

- Make sure Incredible Years works ONLINE



DIGITAL STORYTELLING

**“Vulnerability is not weakness;
it’s our greatest measure of
courage.”**

- Brene Brown





Prevention of Filipino Youth Behavioral Health Disparities: Identifying Barriers and Facilitators to Participating in “Incredible Years,” an Evidence-Based Parenting Intervention, Los Angeles, California, 2012

ORIGINAL RESEARCH — Volume 12 — October 22, 2015

Nicole Flores, MD; Jocelyn Supan, MD, MPH; Cary B. Kreutzer, MPH, RD, EdD; Allan Samson, MD; Dean M. Coffey, PsyD; Joyce R. Javier, MD, MPH, MS

Research Article

Health Equity and Enrollment in Preventive Parenting Programs: A Qualitative Study of Filipino Parents

Joyce R. Javier , Alexis Deavenport-Samson , Ellynore Florendo, Kamil Evy A. Bantol  & Lawrence A. Palinkas 

Published online: 22 Dec 2021





Virtual Parenting Programs Champion Filipino Youth Mental Health



Filipino Family Health Initiative Reported Changes Following 3 Month Participation in *Incredible Years*

- 1 **Increases** in parent's use of praise and incentives, clear expectations, and positive verbal discipline.
- 2 **Decreases** in child depression and anxiety related disorders, and child internalizing behaviors.



Parent Feedback

“ I really enjoyed being part of this group. It’s nice to be part of a class with others that I can relate to. I think the classes will help me become a better mom & learn how to get along with my kids. ”

“ Thank you for the informative and transformative 12 weeks. I appreciate all of you! ”

“ Thank you! I appreciated how we talked about being Filipino and how that has impacted us in our parenting. ”

“ It's comforting to know all who are participating have a common ground in parenting and similar goals. ”

“ Thank you for this program. I am learning a lot. I am more conscious about my words and actions as I parent my son. ”

> [Cultur Divers Ethnic Minor Psychol](#): 2023 Oct 19:10.1037/cdp0000616. doi: 10.1037/cdp0000616.
Online ahead of print.

Short-term outcomes from a pilot randomized controlled trial evaluating a virtual culturally adapted parenting intervention among Filipino parents of school-age children

Joyce R Javier¹, Warren Aguilong¹, Paul Cunanan¹, Aviril Sepulveda¹, Dean M Coffey¹,
Jocelyn Castro¹, Lawrence A Palinkas², Michele D Kipke¹, Wendy J Mack²

Affiliations + expand

PMID: 37856386 PMCID: PMC11026304 (available on 2025-04-19) DOI: [10.1037/cdp0000616](https://doi.org/10.1037/cdp0000616)

“

*No research
means no
resources*

-Filipino Parent

”

Figure 1. Impact of Three Community Access to Child Health (CATCH) Grants on a Community Pediatrician's Journey to Advocate for Behavioral Health Equity Among Immigrant Families

Pediatrics Residency

- Focused on teen pregnancy prevention in the Filipino community
- Learned from community & youth that emotional well-being was root cause of adolescent risky behavior

AAP CATCH. RESIDENT GRANT 2001

Academic General Pediatrics Fellowship

- Obtained training in health equity & community-based participatory research with focus on Filipino child health disparities

2004 2007

Early Faculty

- Development of theory-based, culturally-tailored video to promote enrollment of Filipino parents of school-age kids in the Incredible Years (IY), an evidence-based parenting program

AAP. CATCH PLANNING GRANT 2013

Department of Pediatrics Career Dev Award

NIH KL2/K23

COVID-19

- The Filipino Family Health Initiative (FFHI) transitioned from in-person to on-line
- FFHI expanded statewide in CA
- Pilot of IY Baby, Attentive, & Toddler

AAP. CATCH IMPLEMENTATION GRANT 2019

POST-COVID

- Offering Incredible Years to Parents of Children ages 0-3, English & Spanish Speaking Families
- FFHI piloting expansion nationwide in US and in Philippines

2023
R01
RWJF
SC CTSI PILOT
FOUNDATIONS
DMH Funding





**NATIONAL INSTITUTE OF HEALTH
AWARDS**

**THE FILIPINO FAMILY HEALTH
INITIATIVE WITH**

\$4.17 MILLION

*VIRTUAL POSITIVE PARENTING INTERVENTION
TO PROMOTE FILIPINO FAMILY WELLNESS: A
RANDOMIZED CONTROLLED TRIAL*





FILIPINO FAMILY HEALTH INITIATIVE STUDY

Filipinos helping Filipinos.
Striving for a brighter future.
One family at a time.



This is Bayanihan.

Eligible if:

- Have a child that identifies as **Filipino, half-Filipino, or quarter-Filipino that is between the ages 8-12 years**
- Be **18 years old or older**
- Reside in **California**
- Read and speak **English fluently**

ENROLL TODAY!





Interesting in Giving Your **Children** the **Skills** They'll Need to Tackle Life's **Toughest Challenges**?

Filipino Family Health Initiative is searching for participants for a 6 month study.

*For taking part in this research, you and your child will be compensated up to a total of **\$325.***

THE INCREDIBLE YEARS: SESSIONS & TOPICS

1 WELCOME, PARENT GOALS SPECIAL TIMES

2 SOCIAL, EMOTIONAL, AND PERSISTENCE COACHING (PART 1)

3 SOCIAL, EMOTIONAL, AND PERSISTENCE COACHING (PART 2)

4 EFFECTIVE PRAISE & ENCOURAGEMENT

5 MOTIVATING CHILDREN THROUGH INCENTIVES AND REWARDS

6 RULES AND RESPONSIBILITIES CLEAR & RESPECTFUL LIMIT SETTING

THE INCREDIBLE YEARS: SESSIONS & TOPICS

7 LISTENING ATTENTIVELY

8 ACTIVE LISTENING AND SPEAKING UP (PART 1)

9 ACTIVE LISTENING AND SPEAKING UP (PART 2)

10 COMMUNICATING MORE POSITIVELY TO ONESELF AND OTHERS (PART 1)

11 COMMUNICATING MORE POSITIVELY TO ONESELF AND OTHERS (PART 2)

12 GIVING AND GETTING SUPPORT GRADUATION



FILIPINO FAMILY HEALTH INITIATIVE STUDY

Are you a parent of a Filipino child ages 8-12 and interested in potentially learning ways to help youth tackle life's toughest challenges?



◆ DID YOU KNOW?

The majority of today's youth are not prepared to deal with disappointment, anxiety, and loneliness.

The **Filipino Family Health Initiative** is now enrolling Filipino families for a **6 month research study** that will involve online workshops that may promote the social and academic success of your child.

For taking part in this research, you and your child will be compensated up to a total of \$325.

Please visit our website and social media for more information and parent testimonials:



www.filipinofamilyhealth.com



@filipinofamilyhealth



@filipinofamilyhealthLA

For inquiries please contact us at:

Email: kpsom-incrediblefamilies@kp.org

To Enroll:

Call/text: +1 (949) 385-1427

POSITIVE CHILDHOOD EXPERIENCES



Talk with family members about their feelings



Feel that their families stood by them during difficult times



Feel safe and protected by an adult in their home.



Enjoy participating in community traditions



Feel a sense of belonging in high school



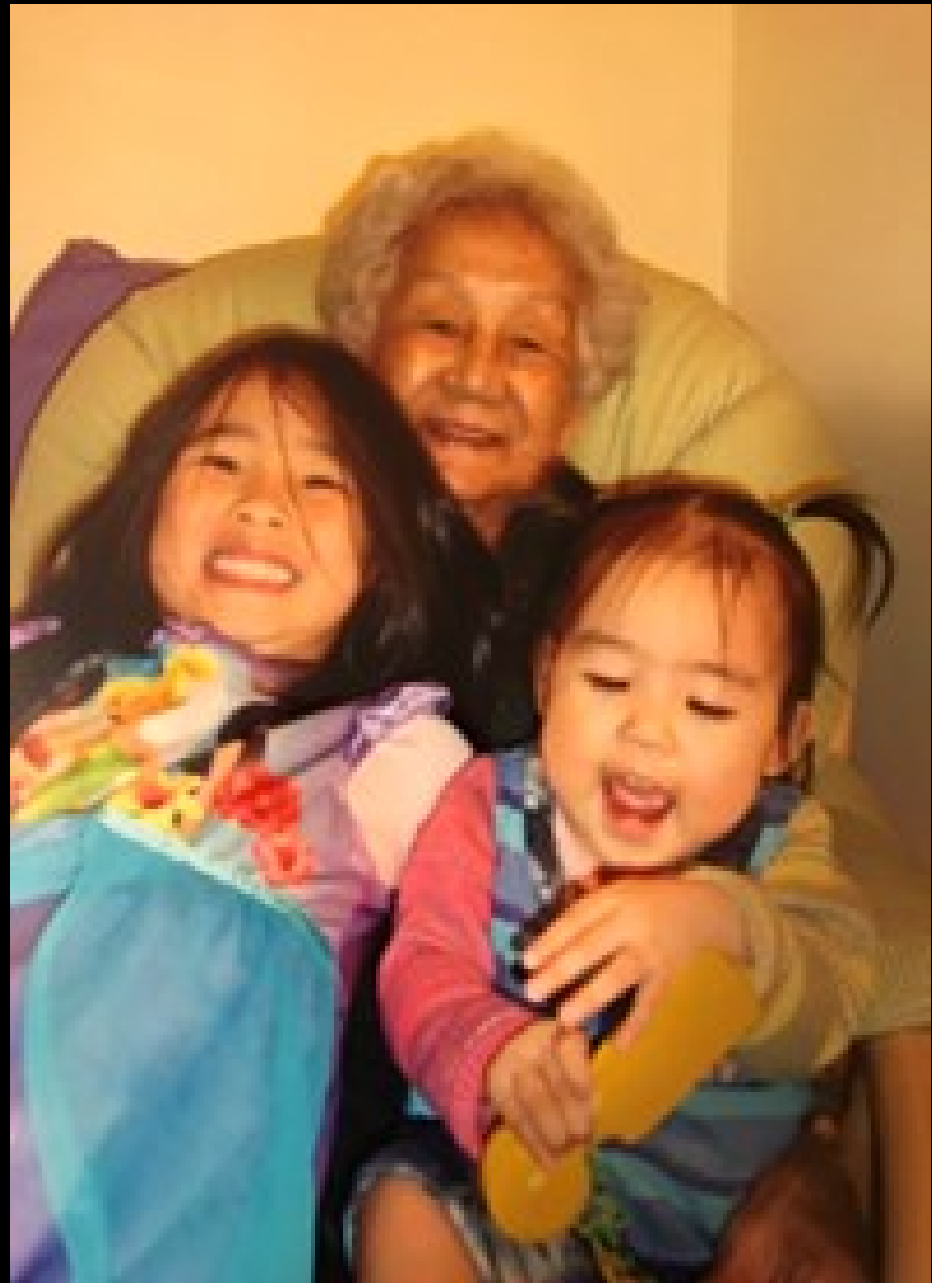
Feel supported by friends



Have at least two non-parent adults who take genuine interest in them

Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA*

Pediatr. 2019;173(11)



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Allan Samson

Carl Bolano

Sanjay Chand

Eugene Nguyen

Kinnari Jhaveri

Karli Wong

Jasna Watabayashi

Christine Contreras

Eleanor Jones

Saban Pre/Post Award

Anna Weiser

Trainees

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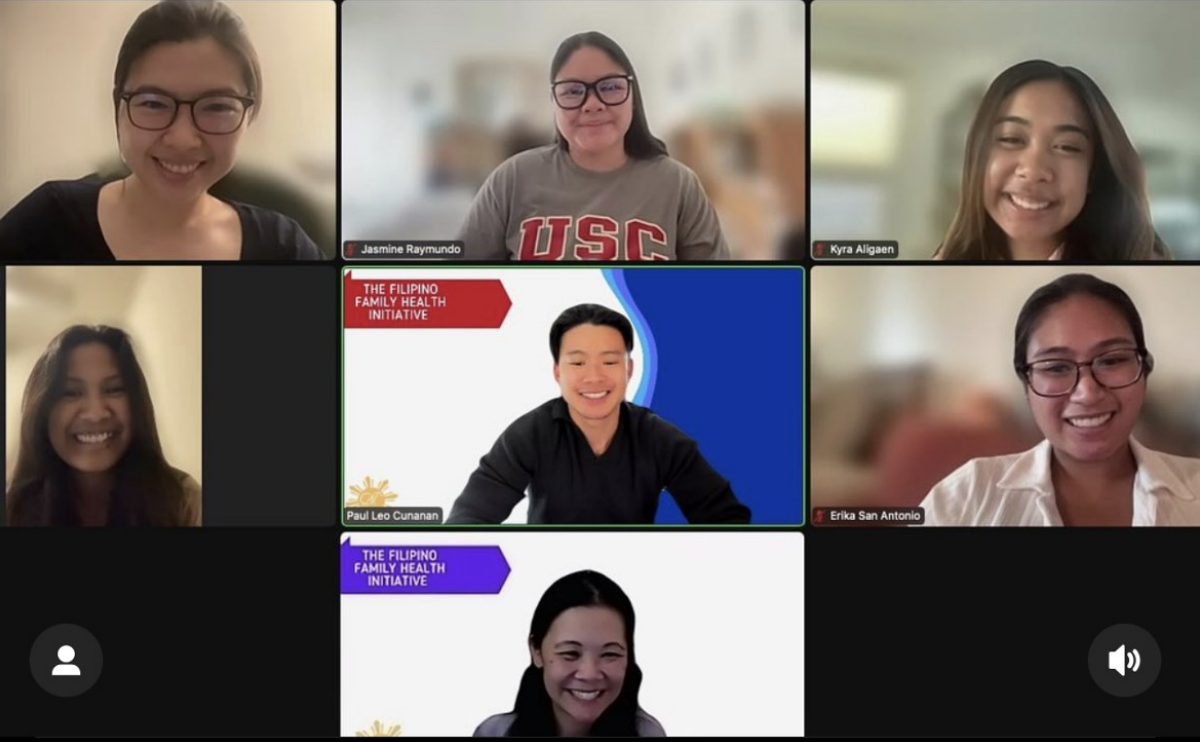
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Our many
community
partners and
families!





ASIAN JOURNAL

Author, KLARIZE MEDENILLA | 06.22.24

Filipino-Centered Parenting Program Prioritizes Mental Health Among Filipino Youth



filipinofamilyhealth Filipino Family Health Initiative was featured in an article in Asian Journal! In the article, Dr. Joyce Javier discusses results from the Incredible Years program, a necessity for Pinoy representation in research, and the importance of youth mental health support that is culturally sensitive to Filipino values.

Link in bio!

She says, "Without research, we don't have any resources and we've proven that when you offer research to Filipinos — and you explain it and you respect them and partner with them — they will show up, so I think it's really critical that we continue to show that."



69 likes

July 6

Log in to like or comment.

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“THE RICHEST EXPERIENCES IN OUR LIVES ARE NOT WHEN WE ARE SEEKING VALIDATION OR APPROVAL FROM OTHERS, BUT WHEN WE ARE DOING SOMETHING THAT MATTERS, DOING IT WELL, AND DOING IT IN THE SERVICE OF A CAUSE LARGER THAN OURSELVES”

~ DANIEL PINK, AUTHOR OF "DRIVE"

Funders

AAP CATCH Resident, Planning, & Implementation Award

The Saban Research Institute & CRACDA Award

Southern California Clinical and Translational Science Institute

NIH/NIMHD R01MD017003

(NIH/NCRR/NCATS) KL2TR000131

NIH/NICHD K23HD071942

Robert Wood Johnson Foundation (RWJF) Clinical Scholars

RWJF Web Activation Fund

SC CTSI Pilot Funding, Voucher Awards

USC Bridge & COVID-19 Funding

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Instagram:

[@filipinofamilyhealth](https://www.instagram.com/filipinofamilyhealth)



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